SYMPTOMS AND LABS

Complete inability to void
Distended / painful bladder
Palpable bladder distension
Obstructive acute renal insufficiency
Gross hematuria with passage of solid clots

SUGGESTED PREVISIT WORKUP
Bladder scan if available
Urinalysis
Catheter placement
Renal and Bladder ultrasound (if will not delay treatment)
If febrile / toxic, send to ED

HIGH RISK

SUGGESTED EMERGENT CONSULTATION

MODERATE RISK

SUGGESTED CONSULTATION OR CO-MANAGEMENT

SYMPTOMS AND LABS
Obstructive urinary symptoms (weak stream, straining to void), and poor response to alpha blockers
“Overflow” incontinence
History of prior urological instrumentation (catheters, urologic surgery, trauma)
Neurological disease (MS, diabetic neuropathy, Parkinson’s)
Elevated post-void bladder volume (PVR) : greater than 200 ml (adult)
Able to void, but with sensation of residual urine in bladder
Recurrent culture-proven UTI

SUGGESTED WORKUP
Bladder scan if available
Urinalysis
Consider starting a 5-alpha reductase and maximize dose of alpha blockers inhibitor if enlarged prostate on exam

CLINICAL PEARLS

- Alpha blockers and 5-alpha reductase inhibitors are not mutually exclusive; many patients require combination
- 5-alpha reductase inhibitors take up to 6 months for appreciable efficacy
- Of patients with acute urinary retention, after 5 days with a urethral catheter, 40% will be able to pass a voiding trial
- After catheter placement, treat constipation aggressively prior to initiating a voiding trial

LOW RISK

SUGGESTED ROUTINE CARE

SYMPTOMS AND LABS
Obstructive urinary symptoms (weak stream, straining to void)
Single episode of culture-proven UTI

SUGGESTED MANAGEMENT
Bladder scan if available
Urinalysis
Elimination of causative agents (antihistamines, anticholinergics, opiates, alpha agonists)
Treatment of fecal impaction
Treatment of any UTI
Trial of empiric alpha blockers; if no improvement in 1-2 weeks, consider urology referral

SUGGESTED CONSULTATION OR CO-MANAGEMENT

These clinical practice guidelines describe generally recommended evidence-based interventions for the evaluation, diagnosis and treatment of specific diseases or conditions. The guidelines are: (i) not considered to be entirely inclusive or exclusive of all methods of reasonable care that can obtain or produce the same results, and are not a statement of the standard of medical care; (ii) based on information available at the time and may not reflect the most current evidenced-based literature available at subsequent times; and (iii) not intended to substitute for the independent professional judgment of the responsible clinician(s). No set of guidelines can address the individual variation among patients or their unique needs, nor the combination of resources available to a particular community, provider or healthcare professional. Deviations from clinical practice guidelines thus may be appropriate based upon the specific patient circumstances.